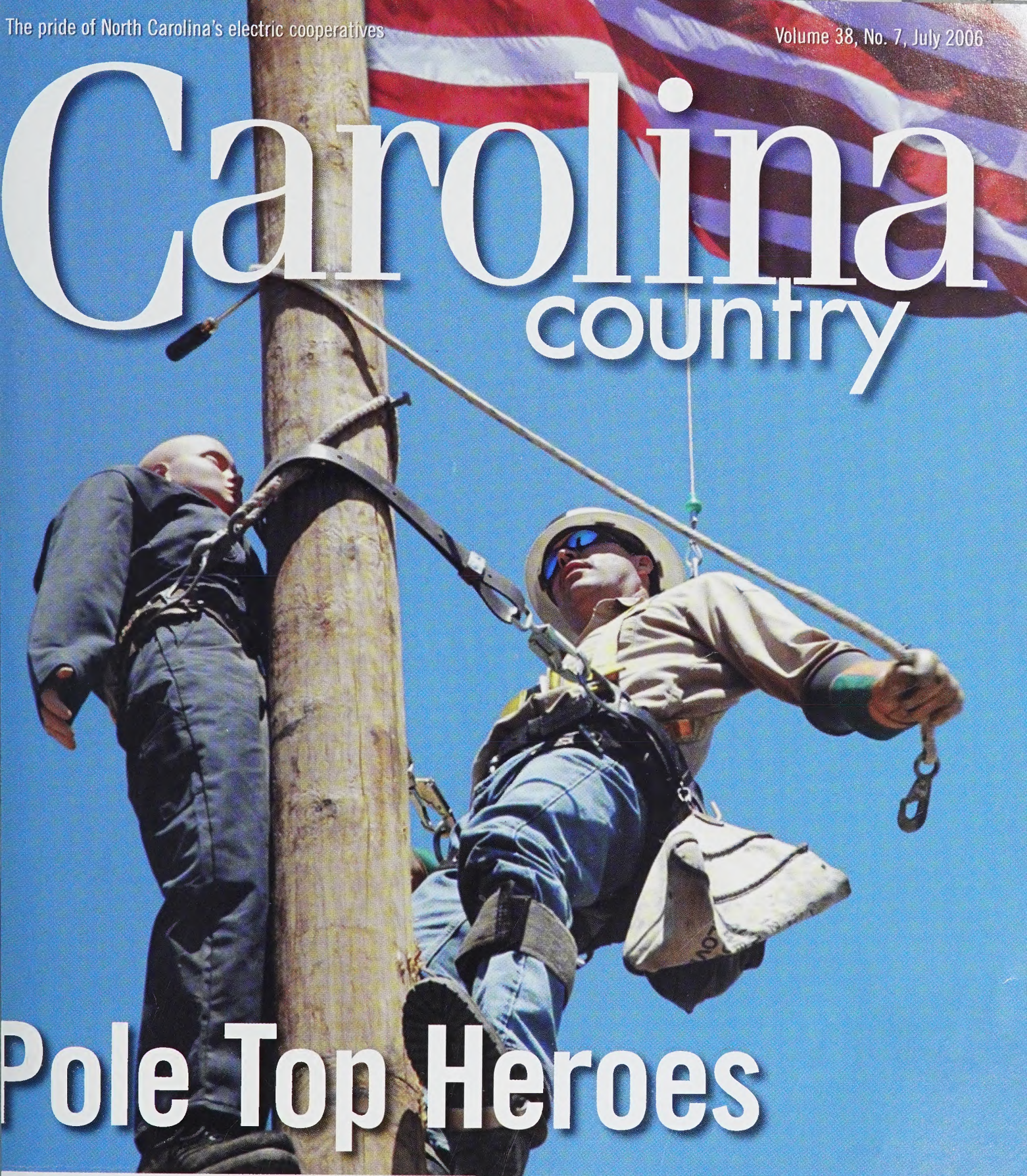
The pride of North Carolina's electric cooperatives

Volume 38, No. 7, July 2006

Carolina country



Pole Top Heroes

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Adventures in Haywood County

The Shocker II electric car rides again in Halifax County—page 19

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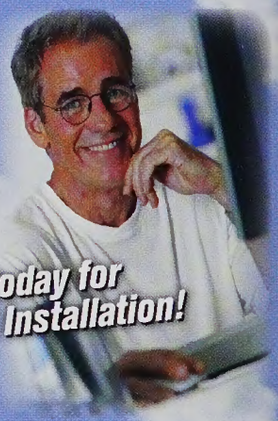

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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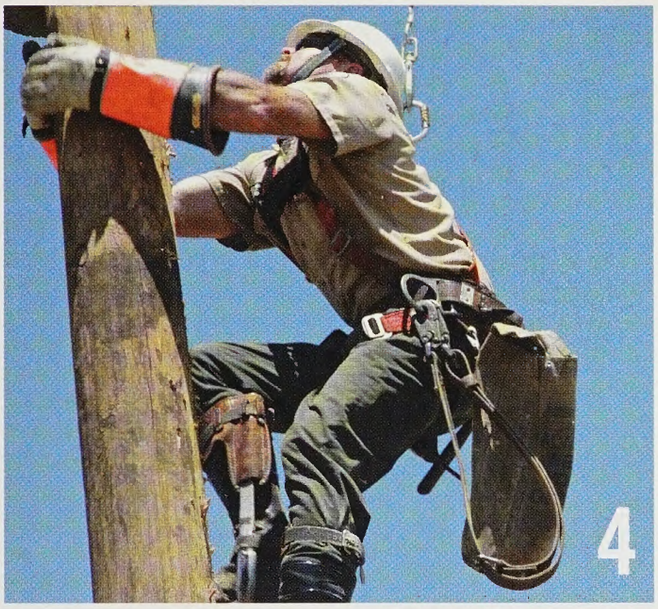

POLE TOP RESCUE
The best Touchstone Energy pole climbers in the state compete for prizes and bragging rights if they can safely rescue a victim from a utility pole. This is Frank McIntyre of Pee Dee Electric in action

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ON THE COVER
Charles Bryant of Roanoke Rapids, a serviceman with Roanoke Electric, performing the Pole Top Rescue drill. See page 4. (Photo by Michael E.C. Gery. Flag added for effect.)

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It's more than just climbing the pole

By Michael E.C. Gery, editor

How long would it take you to climb a wooden utility pole?

Before you answer, you might want to ask me some questions, such as, "Well, what kind of equipment would I have? Would I be using gaffs? How about a double-locking safety strap? Would I have fall protection gear?"

Then I would say, "Forget about it. Just don't climb a utility pole, OK? You're not trained to do it."

The people who climb poles for your electric cooperative go through very extensive training to learn how to climb safely and effectively. Even though many of them these days reach poles from an aerial lift "bucket truck," they still must know how to climb poles. Not only that, they must also know how to rescue someone else who already climbed a pole and is in trouble up there. It's called pole top rescue. Every North Carolina electric cooperative trains its climbers in the pole top rescue procedure, hoping they will never need to use it.

The men at North Carolina's cooperatives who are good at climbing poles to rescue someone in trouble get together every other year in Raleigh to see who is actually the best at it. Guess how long it takes them to climb a utility pole and safely lower a victim mannequin to the ground?

Need more time to answer? OK. I'll give you more information.

To do this drill correctly, the men must take the following steps: Look at and call to the victim, run to a service truck and report to a dispatcher by radio the problem and location, retrieve the tools he will need, attach the tools to his body, check the pole for damage and any signs that it might be conducting electric current, climb the pole, use a large screwdriver and a hammer to rig a rope-and-pulley system, carefully wrap the rope around the victim, carefully lower the victim to the ground, climb down the pole, remove his gloves, make sure the victim is flat on the ground, and administer cardiopulmonary resuscitation.

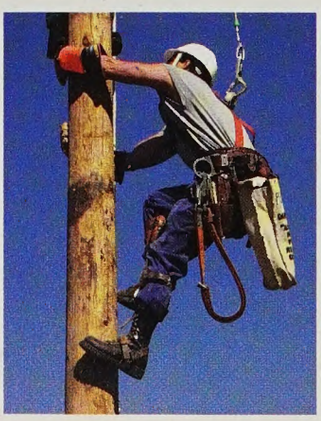
So, how long do you think that takes?

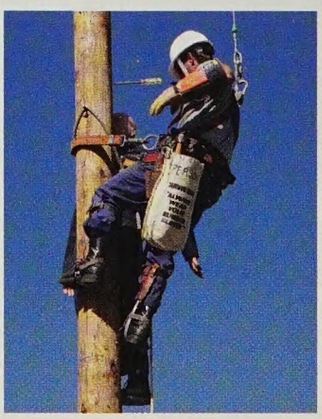
The men who clocked the top three fastest times during the recent Pole Top Rescue Competition in Raleigh did it in less than two minutes. All 25 men who competed did it in less than four minutes. All linemen who climb poles for electric cooperatives are required to do the same drill in less than five minutes.

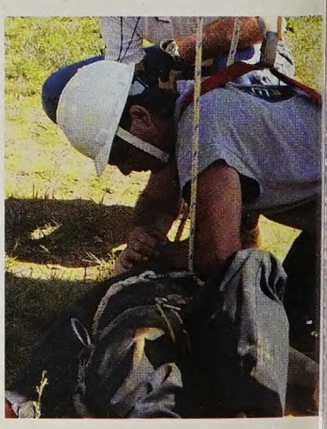
Even with training, it probably would take me a few hours just to rig the rope, and that would be while standing on the ground.

The Pole Top Rescue Competition is like a rodeo. Each man is scheduled to perform alone in front of a crowd, and every move he makes is judged. The judges are members of the Job Training & Safety Department of the North Carolina Association of Electric Cooperatives who work every day on linemen job training. Mishaps cost the competitor time. If he drops a tool not essential to the rescue, for example, the judges add one second to his time plus five seconds for not following the correct procedure. If he drops a tool that is essential to the rescue it also costs him six total seconds, plus he must go pick up the tool and continue. If he fails to check the victim's pulse during CPR, judges add five seconds to his time plus another five for not following correct procedure.

Leonard Person from Tri-County EMC won the event this spring for the second straight time, breaking his own record by running the procedure flawlessly in 1 minute, 36.72 seconds (see him in action below). Jason Worley, a first-time competitor from French Broad EMC, placed second at 1:54.30. When the event concluded, a Raleigh TV news crew arrived and asked to see the thing run again, so Leonard Person and Jason Worley ran it again. Worley was clocked at what would have been a new record, but it didn't count. Leonard Person walked around later to congratulate everyone, and he told Jason Worley that he'll need to practice extra hard in order to hold on to his championship next time. Mike Mills from Surry-Yadkin EMC, who attended as the alternate from that co-op in place of Dean Durham, finished third with a time of 1:57.65 and told us that he seems sure that he'll win the whole thing next time. Harris Morrison, who's worked with Central EMC for 29 years, appeared in the competition for the 8th straight time and said he's happy just to be strong enough to attend it. Harris ran it in 2:18.08.







WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 10 with your name, address, phone number and the name of your electric cooperative.

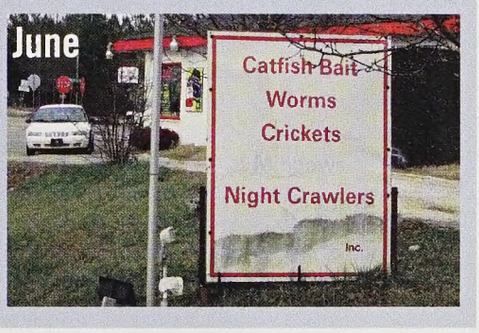
By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive $25.

June Winner:

The scene in the June magazine shows Eddins Store between Wake Forest and Rolesville at the intersection of Burlington Mills Rd. and Forestville Rd. in Wake Electric's territory. Trish Alligood says because of the 4-way stop there, "drivers are always courteous and the traffic flows smoothly." Correct answers were numbered and the $25 winner chosen at random was Brooks Pearce of Wake Forest, a member of Wake Electric.



Carolina Country peaches

This is our front yard on Horse Pen Swamp Rd.

Melanie B. Rogers
Washington
Tideland EMC

Clearing stumps

This is Michael Schwerin, my neighbor, removing old stumps and fallen logs from our property in Wake Forest.

Beverley Pierpoint
Wake Forest / Wake Electric

Ron Clark in Aurora

Celebrated teacher and motivational speaker Ron Clark, whose work as a teacher is the subject of a TNT network movie scheduled to air in August ["More Power to You," June 2006] taught school in Aurora, not Belhaven as we stated. He attended school in Belhaven.

Looking for field peas

I have been looking for field peas and cannot find any. My mama and daddy used to have them in five colors, and they planted them in the corn fields and picked them in the fall. If anyone knows where I can get some seed in my area, please let me know.

Margaret B. Lewis
92 Curtis Lewis Rd
Elizabethtown, NC 28337

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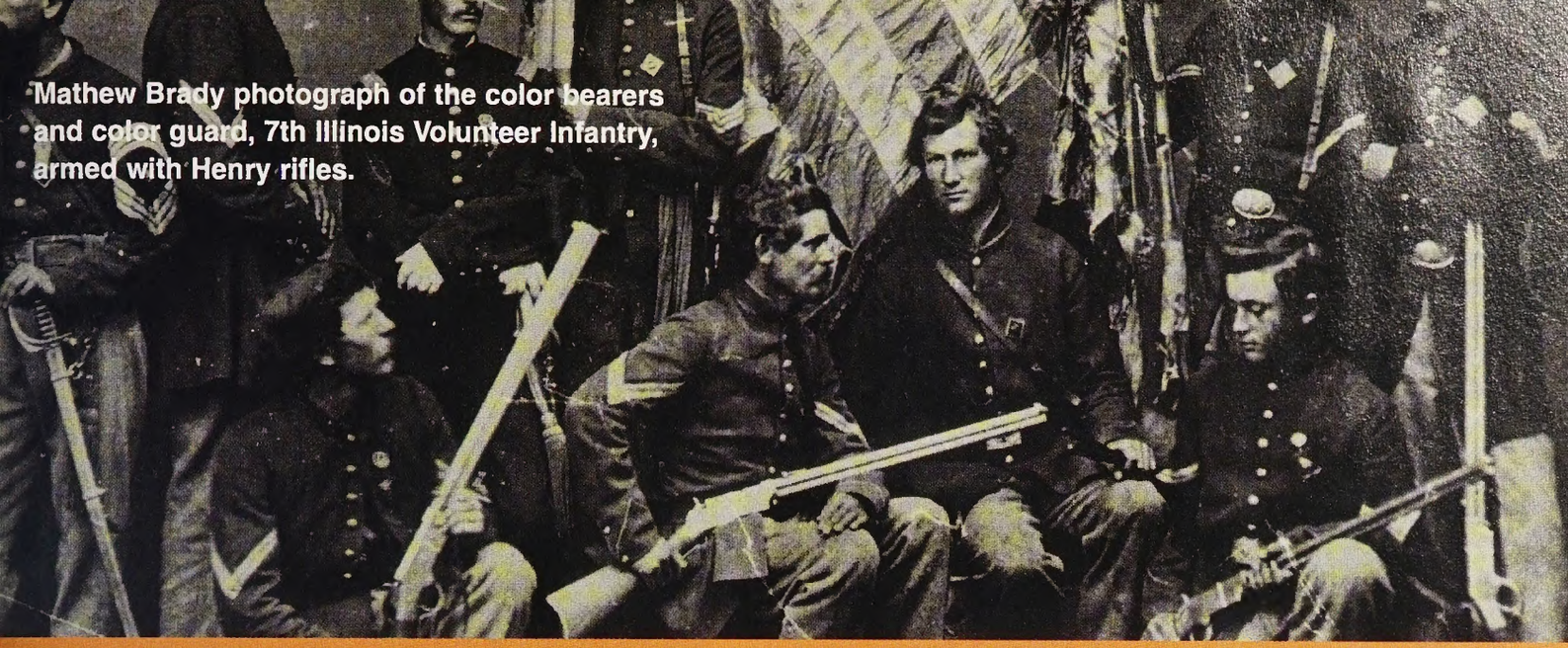


Mathew Brady photograph of the color bearers and color guard, 7th Illinois Volunteer Infantry, armed with Henry rifles.

SOLDIERS BOUGHT HENRY RIFLES IN 1862 TO WIN THE WAR. YOU'LL BUY THEM TODAY BECAUSE THEY'RE A HOOT TO SHOOT!

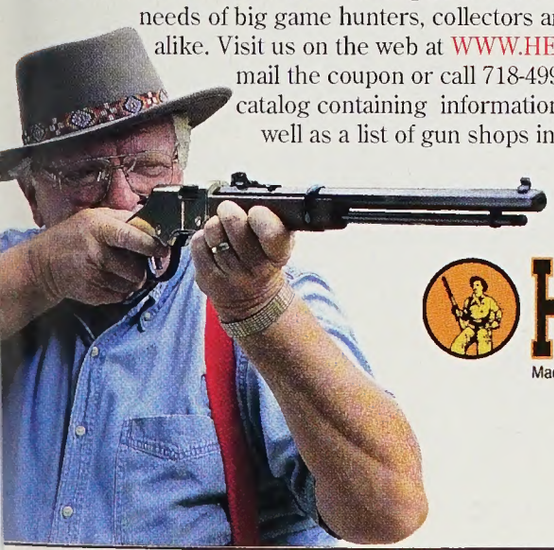
Some Civil War soldiers jumped at the opportunity to purchase their own 16-shot Henry Rifle. They gladly spent three months of their pay - about $40 - to march into battle armed with superior firepower to the single shot muskets that were the predominant weapon of choice at the time.

These days, folks are buying Henry rifles for different reasons: they shoot great, are made in America, and sell at affordable prices.

The Henry Lever Action, well known for its reliability, accuracy, handsome looks and smooth action is available in calibers .22LR, .22Magnum and .17HMR. The award-winning Henry Golden Boy, a headturner with its gleaming receiver and octagon barrel, is destined to become a family heirloom that will be handed down from generation to generation.

The unique Henry US Survival Rifle .22LR breaks down into three pieces and is ideal for any outdoorsman wanting a compact/lightweight rifle that easily fits into a backpack, back of a pickup, or storage compartment on a boat.

The Henry Big Boy, available in .44Mag, .45Colt and .357Mag, got the highest score ever given to a centerfire lever action rifle and was rated a "Buy It" from Gun Tests magazine. It's a rifle that satisfies the needs of big game hunters, collectors and cowboy shooters alike. Visit us on the web at WWW.HENRY-GUNS.COM, mail the coupon or call 718-499-5600 for our free catalog containing information on all our rifles as well as a list of gun shops in your area.



Henry Lever Action .22LR/.22Mag/.17HMR

Henry Golden Boy .22LR/.22Mag/.17HMR

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Students will see their sustainable home built by Habitat for Humanity

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A team of design students from N.C. State University won this year's competition in sustainable building design coordinated by Advanced Energy. The Sustainable Building Design Competition engages students in the state's universities and community colleges to learn and apply the lessons of sustainable design and construction.

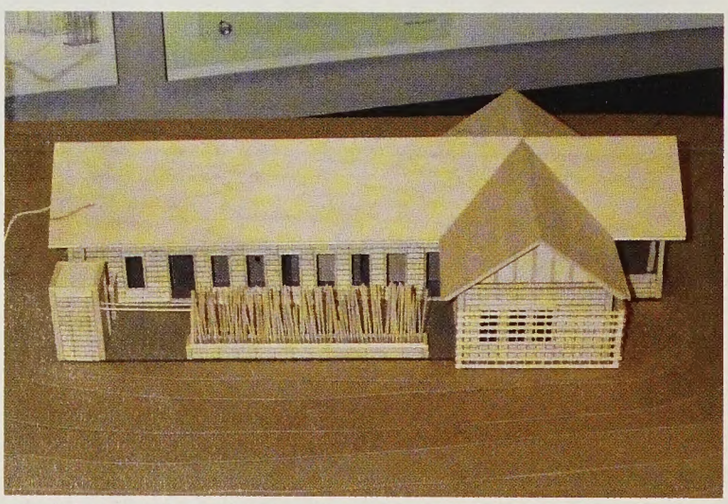
Student teams design a home for a particular region in North Carolina incorporating a sustainable approach to design that includes energy efficiency, renewable energy, water conservation, indoor air quality, universal design, use of locally available materials, attention to the particular assets of the site, and more. By participating in this program, students become prepared to incorporate sustainable design methods into their work and to bring this experience to the design and construction professions.

N.C. State University team members took first place and $5,000 in winnings. This team will represent North Carolina at the U.S. Green Building Council Emerging Green Builder National Design Competition in Denver, Colo. This team will also see their work come to life as it is built by three North Carolina Habitat for Humanity affiliates. Construction of these homes is expected to start this summer.

Teams from Cape Fear Community College received second and third place. Second place prize was $3,000 and third place prize was $1,500. Two teams received honorable mention and $500 for their efforts in the competition: Appalachian State University and Cape Fear Community College. The Founders' Award of $1,000 went to a team from Appalachian State University.

Advanced Energy, a non-profit organization based in Raleigh, is supported by North Carolina's Touchstone Energy cooperatives.

For more information, visit www.sustainabledesigncompetition.org



The N.C. State University team's design took first place and $5,000 in winnings at the Sustainable Bulding Design Competition.

NCAEC receives Nash Community College 2006 President's Cup

Nash Community College recently gave the North Carolina Association of Electric Cooperatives (NCAEC) its 2006 President's Cup. The President's Cup is the highest and most prestigious award given each year to someone affiliated with Nash Community College who has truly made an indelible mark on the institution.

Nash Community College's Electric Lineman Technology Program was developed with the support of the NCAEC. In this program, line technicians are trained in all aspects of their jobs in NCC classrooms and a specially-equipped training field at the college that includes transmission structures, above ground and underground distribution facilities, and a substation.

The training field, built in cooperation with the NCAEC, allows linemen from throughout the state to receive specialized training at the college. In the 1998-99 academic year, NCAEC and Nash Community College introduced the Electric Line Technology Program that allows lineman to earn a college degree beyond the established diploma program. The Associate in Applied Science Degree program has now become a national model for other electrical industries. So far, more than 125 linemen employed at co-ops have participated in this program and three have earned degrees.

NCAEC also provides Nash Community College an annual scholarship as well as supports the NCC Foundation Golf Classic as a grand tournament sponsor.

Above: NCC President Bill Carver (right) presents the 2006 President's Cup to Nelle Hotchkiss, senior vice president of the North Carolina Association of Electric Cooperatives. The President's Cup is the highest and most prestigious award given each year to someone affiliated with Nash Community College who has made an indelible mark on the institution.

Eastern cooperatives support Children's Hospital

The Electric Cooperatives of Eastern Carolina joined the annual Children's Miracle Network Telethon in June by answering phones to collect pledges, contributing $5,000 in cash, and donating an original piece of art specially commissioned for the Touchstone Energy Sibling Room at the Children's Hospital at Pitt County Memorial Hospital in Greenville.

The sibling room is an activity-play area for children whose parents and loved ones are visiting a sick child, usually a sister or brother. The Eastern Carolina cooperatives bought the naming rights for the room several years ago. Participating co-ops are Tideland Electric, Cape Hatteras Electric, Albemarle EMC, Pitt & Greene EMC, Carteret-Craven Electric, Roanoke Electric and Halifax EMC. Since 1999, the Electric Cooperatives of Eastern Carolina have contributed $65,000 to the Children's Miracle Network (CMN). The CMN is a non-profit fundraising alliance of 170 children's hospitals.

The telethon broadcast by WITN-TV on June 3–4 raised a record $1,710,541. All the money raised will help the KISSU, or the Kids Immuno-Suppressed Special Unit. This germ-free isolation unit will provide a sterile setting for the most vulnerable children, such as those with cancer, blood diseases and autoimmune disorders.

The Randy Parton Theater & Carolina Crossroads music and entertainment district in Roanoke Rapids, Halifax County, boosted the fundraising effort with a benefit concert June 3 starring local performers and national stars including Cowboy Troy and Big & Rich.

Children's Miracle Network and the Pitt Memorial Hospital Foundation have committed to providing $5.6 million toward the cost of the KISSU unit. So far, $4.9 million has been raised.

Children's Hospital at Pitt County Memorial Hospital serves 29 counties.

The Electric Cooperatives of Eastern Carolina commissioned Raleigh artist Jackie Pittman to produce this piece for the Touchstone Energy Sibling Room at Children's Hospital in Greenville. They delivered the art in early June.

Cooperatives at work in Washington, D.C.

Keith Barraclough

Delegations from North Carolina's Touchstone Energy cooperatives met with Congressional representatives in Washington, D.C., in May to discuss a variety of issues affecting cooperatives and their communities. Shown (at right) is U.S. Sen. Richard Burr meeting with an assembled group of co-op directors and staff, and (above) is Rep. Bob Etheridge in his office with delegates from Central EMC, Piedmont EMC, South River EMC and Wake Electric.

Touchstone Energy cooperatives send youths to basketball camps

Twenty-eight male and 28 female middle school-aged students were awarded Touchstone Energy Sports Camps scholarship to attend the Kay Yow Basketball Camp and the Roy Williams Carolina Basketball Camp in June.

The winners were selected as scholarship recipients because of their excellent application and essay on why they wanted to attend the camp. The Kay Yow Basketball Camp took place at N.C. State University and the Roy Williams Basketball Camp at UNC-Chapel Hill. More than 280 middle school students from across the state applied for the scholarships, said Suzanne Ward, manager of public relations for North Carolina's Touchstone Energy cooperatives.

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How Immigrants Become U.S. Citizens

Could you pass the citizenship test?

According to the U.S. Citizenship and Immigration Services (USCIS), more than 537,000 immigrants were welcomed as new citizens in the United States during 2004. At the end of 2005, almost 8 million immigrants were eligible for citizenship. Approximately 11.3 million naturalized citizens already call this country home.

"USCIS naturalizes more than 2,100 new Americans each day, and every citizen application requires the scrutiny and special attention of many dedicated men and women at USCIS," said USCIS Director Emilio T. Gonzalez at a naturalization ceremony last May.

The general naturalization requirements include: a period of continuous residence (five years for permanent residents, three years for permanent residents married to a U.S. citizen) and physical presence in the United States; an ability to read, write and speak English; good moral character; attachment to the principles of the U.S. Constitution; and a favorable disposition toward the United States. Plus, applicants must pass a written exam that tests their knowledge and understanding of U.S. history and government.

Could you pass the test? Here's a sampling of the questions asked on the U.S. Naturalization Exam. For more information, visit www.uscis.gov

1) What is the date of Independence Day?

2) What do we call a change to the Constitution?

3) What are the three branches of our government?

4) What is the legislative branch of our government?

5) How many senators are there in Congress?

6) Can you name the two senators from your state?

7) What is the Bill of Rights?

8) Who becomes President of the United States if the President and the Vice President should die?

9) Who said, "Give me liberty or give me death"?

10) Who selects the Supreme Court justices?

11) How many Supreme Court justices are there?

12) What is the head executive of a state government called?

13) Who wrote "The Star-Spangled Banner"?

14) Name one right guaranteed by the First Amendment.

15) Can you name the 13 original states?

nswers:

1) July 4th **2)** Amendments **3)** Legislative, Executive and Judiciary **4)** Congress **5)** 100 **6)** Elizabeth Dole and Richard Burr (N.C.) **7)** The first 10 amendments of the U.S. Constitution **8)** Speaker of the House of Representatives **9)** Patrick Henry **10)** Appointed by the President **11)** 9 **12)** Governor **13)** Francis Scott Key **14)** Freedom of: speech, press, religion, peaceable assembly, and requesting change of the government **15)** Connecticut, New Hampshire, New York, New Jersey, Massachusetts, Pennsylvania, Delaware, Virginia, North Carolina, South Carolina, Georgia, Rhode Island and Maryland

True stories of

FOODS you'll never eat again

Haggis

During the summer of 2004, I had the opportunity to travel to Scotland to participate in an exchange program and take a class at a university. Before I left for Scotland, I did some research on the country so I would know what to expect. I kept hearing and reading about a dish called haggis. I was curious. When I learned what haggis was I was pretty sure it was something I should not eat.

There are some variations, but typically, haggis is made of the lungs, heart, liver and kidneys of a sheep. These are chopped and may have onions, oatmeal and other seasonings added. Everything is then put into a sheep stomach, and the whole thing is boiled for hours.

I had a few opportunities to sample some haggis but always backed out. The last day I was there, I decided I could not spend a whole month in Scotland and leave without trying the haggis. So I tried it. At first, I did not think it was all that bad. After a few bites however, I decided that was enough. Although I can say I'll never eat haggis again, it was a wonderful opportunity to eat the national dish of a wonderful country.

Amanda Cox / Pilot Mountain / Surry-Yadkin EMC

GO ONLINE

Thanks to everyone who submitted stories about something you'll never eat again. You can see more at our Web site. Next month we'll publish your stories on "How I almost flunked." [Deadline was June 15.] For the remaining themes and rules in our "Nothing Could Be Finer" series, *see page 14.*

Turnip greens

More than 50 years ago my cousin and I went to visit our grandmother. We got there Friday at supper time. We were given turnip greens for supper. Saturday we had turnip greens for lunch. Saturday supper, turnip greens again. Sunday lunch was turnip greens again.

I told my cousin, "I am going home to get something to eat besides turnip greens."

Betty B. Bollinger / Stanley / Rutherford EMC

Salad at the tea party

There we were in the summer of 1951, four little 5-year-old girls having a tea party in the shade of the big oak tree in the backyard. We had borrowed Mama's prettiest tablecloth to spread on the ground, and we set our table with the little pink dishes Santa brought last Christmas.

As we poured our tea, we spied a beautiful three-leaved plant, all shiny and green. We filled our bowls full of this wonderful "salad" and ate every leaf. When Mama came outside, she forgot all about being mad at us for taking her good tablecloth because she realized we were eating poison oak! Mama grabbed us up and called the doctor. Back in those days, our doctor said the cure would be to wash our mouths out with Octagon soap.

Well, to tell the truth, I can't think of anything ever tastin as bad as that soap did. It probably really was a cure since I am here today to say, "I'll never eat poison oak again, no matter how fine the tablecloth or how pretty the little pink dishes are at the tea party!"

Ann Clayton / Asheville / Haywood EMC

New York fried chicken

My toes gripped the handle of the cookie drawer to watch my Grandma knead dough for the dozen biscuits and two fresh homemade pies baked daily in the wood cook stove. Saturdays I waited patiently as my mother's biscuits baked in the electric oven. All were served hot with fresh churned melting butter spilling from inside.

As a 25-year trucker, I have eaten fresh lobster in Bangor, Maine, and pond-raised, corn-fed catfish in Odessa, Texas. In a state of serious hunger, I consumed an egg salad sandwich complete with shells in Miami, Florida.

I enjoyed my first taco omelet in Worthington, Minnesota, and Cajun gumbo in New Orleans. Broad River at the North Carolina/South Carolina border on I-85 is the home-cooking capital of the United States.

I married the self-proclaimed best cook ever. (No argument.) Her mother's creation, City Fried Chicken (Detroit), is the first thing gone at the family reunion, unless my son sees my sister's fried chicken.

But the $13.85 honey-dipped "Southern" fried chicken at the travel plaza in Glens Falls, New York, I had in 1984 screams NEVER. The Adirondacks are beautiful, but don't eat the chicken.

Eddie Dale Eddinger / Lexington / EnergyUnited

Green squash

My sister-in-law Betty Jean and I picked squash in her garden anticipating a great mess of the yellow vegetable for supper. One plant had slightly greenish squash, but we figured they were near enough ripe to add to the basket.

That afternoon I cooked the squash with onions to have with cornbread, tomatoes and butterbeans. We asked the blessing and I took the first bite.

Bitter! Oh my! "Don't eat the squash!" I yelled as I ran for the bathroom to rinse my mouth. About that time the phone rang. It was Betty Jean yelling, "Don't eat the squash!"

"Too late," I said. "But I didn't swallow. What happened? What is it?"

"It's a good thing you didn't swallow it," she said. "Those little greenish squash are actually gourds!"

Beware of small greenish squash.

Judy Stewart / Swansboro / Carteret-Craven EC

The LBT sandwich

The worst thing I have ever eaten was a LBT sandwich.

I was home enjoying a delicious turkey and cheese sandwich. As I put the last of the tasty thing in my mouth, I realized I was chewing on something quite crunchy. At first I was calm, thinking it to be the hull of a kernel of popcorn, until it dawned on me that I hadn't had any popcorn with my sandwich, as I usually do.

So I opened my mouth and pulled out the crunchy morsel to investigate. Sitting on my fingertip, pretty as you please, was the half-chewed remains of a ladybug! (That's what the LB stands for.)

Cestia Miller / Marshville / Pee Dee EMC

Possum

Carl and Sue, two old family friends, invited me to supper one evening. When I arrived, Carl began to tell me how he'd caught the possum driving home one night. Possums like to stare at car headlights. He explained that you had to put a possum up for a week or two because of all the junk and trash they eat.

About this time, Sue called us in to eat. When I walked in the dining room, it looked like there was a skinned rat in the middle of the table lying in grease with sweet potatoes decoratively placed around it. We also had greens and cornbread.

My grandma taught me in true Southern tradition that when you eat at someone's house you were to use your manners and clean your plate. Grandma would have been proud. I managed to eat it, say thank you, and leave.

Wouldn't you know it, the first thing I saw as I turned out of their driveway was a dead possum, a.k.a road kill. Needless to say, I lost my supper.

Sylvia G. Crouch / Taylorsville / EnergyUnited

Pancakes and milk gravy

As a student at the University of Georgia in the late 1940s, I lived at Mrs. Benson's large boarding house. One weekend I was told that Mrs. Benson's daughter Frances would fix my breakfast Sunday morning—the family's favorite breakfast specialty—pancakes covered with milk gravy. Early Sunday morning I hurried down to the kitchen to see Frances already at the stove making stacks of golden pancakes.

"Great," she said. "You're right on time. Go ahead and eat while they're hot." I sat down and reached for a bowl of what I took to be milk gravy and covered my stack with a liberal helping. With the first bite I almost gagged. Not wanting to hurt the poor girl's feelings, I bravely choked down most of the rest.

Frances suddenly turned around with a perplexed look on her face and said, "Now where did I put my bowl of batter?" Then spotting it next to my plate, she stared at the remains of my mutilated pancakes and shrieked, "You didn't! Please tell me you didn't!"

Never again will I eat battered pancakes

Howard Alley / Highlands / Haywood EMC

Lean, mean meat

Back in the 1950s, when you killed hogs, you cooked everything about it. You didn't let anything go to waste. I had a neighbor, Mitt Snow, who was one of the best cooks in Surry County.

One day I was down at her house on a visit. You didn't go visit Mitt unless you walked through her kitchen. She said, "I want you to taste this lean meat." I did, and she said, "Wasn't that good?" I said that it was.

Then she said, "You wouldn't believe that was hog's tongue, would you?" I didn't think I would get back home. I told myself that I would never eat lean meat unless I know what it is.

Mary Ann Thomas / Dobson / Surry-Yadkin EMC

Marine Corps grapes

In February 1957, I joined the Marine Corps and was sent to Parris Island, S.C., for boot camp. As I was only 17 years old and had spent all of my young life on a small farm, I knew very little about the outside world. At lunchtime on my first day, I was going through the chow line and noticed a large bowl of purple grapes on the salad bar. I loved grapes, and since we very seldom had any on the farm I piled about a dozen on my tray. As soon as I sat down, I popped one into my mouth and just as quickly spat it out. "There are no grapes on earth that taste this bad," I thought to myself.

When I had finished the rest of my lunch, I got up and started to dump the "bad grapes" into the trash, but my drill instructor stopped me. He wanted to know why I did not like the Marine Corps food. It really upset him when I told him the grapes tasted sour. He made me sit down and eat every last one of them. When I had finished choking them down, he sent me to the barracks.

Later on that day, I told some of my more worldly city friends what had happened. After a good laugh, they explained that what I thought were grapes were actually olives.

Kenneth A. Rose / Morganton / Rutherford EMC

Send us your best Earn $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

September 2006
My Finest Sports Moment
Send pictures, too.
Deadline: July 15

October 2006
My Favorite Halloween Costume
Send the story and photo.
Deadline: August 15

November 2006
My Favorite Photo
North Carolina people or places.
If they are digital: 300 dpi and actual printing size.
Deadline: September 15

December 2006
Regifting Mistakes
I should not have given that away.
Deadline: October 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
   Or by e-mail: finer@carolinacountry.com
   Or through the Web: www.carolinacountry.com

WHO MAKES THE

best dish in North Carolina?

The Goodness Grows in North Carolina program is sponsoring the first statewide "Best Dish in NC" contest to determine who serves the finest local fare. Eight finalists were chosen to turn up the heat in the kitchen as they compete for the title.

Restaurants were divided into two categories: independent and chain.

Independent restaurant entries were required to have a North Carolina location, while each chain restaurant must have at least three locations in the state.

Judges narrowed down the competition to five independent and three chain restaurants for their creativity and use of North Carolina products. The five independent restaurant finalists include The Angus Barn and 18 Seaboard in Raleigh, Bistro-By-The-Sea in Morehead City, Crippen's Country Inn & Restaurant in Blowing Rock and Childress Vineyards in Lexington. The finalists in the chain restaurant category include K & S Cafeterias, Earth Fare Cafés and BBQ & Ribs Co.

All dishes feature North Carolina products, including seafood, meat, produce and condiments. Restaurant finalists are required to serve and feature their entry dish for a four-week period through July 31. You can participate by visiting the restaurants, sampling the dishes and voting online.

Three prominent judges from North Carolina's food service industry will visit the finalists this month as mystery guests to sample and select the best dish. Judges will score featured dishes based on use of local products, how it is featured, creativity, taste and presentation.

Contest winners will be announced in August. Winners receive a generous cash prize, prominent statewide advertising, a feature in the Goodness Grows section at the NC State Fair and bragging rights of being the best.

Visit each restaurant and decide the Best Dish in North Carolina yourself by sampling the featured dishes and voting for your top pick online. For voting and location information go to www.goodnessgrows.org and click on the "Best Dish" logo.

Chef Jason Smith at 18 Seaboard in Raleigh will make this cornmeal-crusted Carolina catfish dish for the contest.

K & S Cafeterias
3 locations in Raleigh and Cary
www.kscafeteria.com
Low calorie or San Francisco chicken served with sweet potato pudding or soufflé. Choice of strawberry layer cake, strawberry 7-up cake or strawberry shortcake for dessert.

EarthFare
Locations in Asheville, Boone, Chapel Hill, Charlotte, Greensboro and Raleigh Charleston, Columbia, Mt. Pleasant and Greenville, S.C. Athens and Knoxville, Ga.
www.earthfare.com
Carolina quiche with roasted heirloom tomatoes, chevre, and sautéed greens.

BBQ & Ribs Co.
Locations in Raleigh, Graham and Siler City
www.bbqandribs.com
Choice of BBQ chicken or fried chicken served with choice of local side items.

The Angus Barn
9401 Glenwood Ave.
Raleigh, NC 27617
(919) 787-3505
www.angusbarn.com
Bacon wrapped N.C. trout stuffed with crab.

18 Seaboard
18 Seaboard Ave., Ste. 100
Raleigh, NC 27604
(919) 274-3216
Pan-seared cornmeal crusted Carolina catfish with grilled grit cake, sautéed spinach and smoked corn relish.

The Bistro-By-The-Sea
4031 Arendell St
Morehead City, NC 28557
(252) 247-2777
www.bistro-by-the-sea.com
Baked Carteret County grouper with sea scallops in chablis dill sauce. Sweet potato ice cream for dessert.

Crippen's Country Inn & Restaurant
239 Sunset Dr.
Blowing Rock, NC 28605
(877) 295-3487
www.crippens.com
N.C. watermelon salad with sage flatbread and pecan-crusted oven-roasted flounder with wilted arugula.

Childress Vineyards
1000 Childress Vineyards Rd.
Lexington, NC 27295
(336) 236-9463
www.childressvineyards.com
Baby green column salad with beets, carrots, alfalfa sprouts and red-flowering kale with a chardonnay vinaigrette and Farmington ostrich stuffed tenderloin with oyster mushrooms in 2004 cabernet reduction, creamer potatoes, baby carrots, sugar snaps and pearl onions, atop wilted Swiss chard with natural jus.

YOU KNOW YOU'RE FROM

Carolina country if...

...to have ***running water*** *meant your brothers running back and forth to the spring.*

From Peppi Mixon, Bessemer City

From Peppi Mixon, Bessemer City

... To have running water meant your brothers running back and forth to the spring.

... Your grandmother called "soo heifer" to call the cows.

... Cornmeal and coffee gravy were breakfast.

... You pulled ragweeds to feed the hogs.

From Arnold Pope, Stedman

... You used Udder Balm to heal hemorrhoids.

... You played in or attended a high school football game called "The Goober Bowl."

... You knew where Buzzard Town was located in Halifax County, but no one would admit living there.

... You enjoyed haslet hash even though you knew what was in it (heart, liver and lungs of a pig, chopped up into small chunks and stewed with lots of sage and red pepper).

From Sharon Moore, Carthage

... Your grill consists of two cement blocks, the rack from your Mama's oven, and a bag of Matchlight charcoal.

... Your Mama used fatback to draw a wooden splinter out of your foot.

... Your Mama tied raw potatoes on your feet to break a fever.

From David Blayton, Stanly County

... In the spring you put golf balls in the hen's nest so the snakes that were eating the eggs would swallow the balls instead and die.

... When it gets real cold, Grandpa says it is a "two-dog night," because one dog cannot keep you warm enough.

... You picked bugs off beans and put them in a soda bottle. Then your daddy poured in kerosene, corked the bottle and gave it back to you to bury. Then he gave you a nickel.

... You put a stuffed owl on the porch to keep birds away.

From Darlene and Guy Brittain, Connelly Springs

... You were the only one in the 5th grade with your bus driver's license.

... You got your Halloween mask off a box of corn flakes.

... Your dad ground up roasted peanuts on the sausage grinder then added Wesson oil and salt and butter to them to make peanut butter.

... Your mom, your aunt and your grandma made homemade flowers for Decoration Day out of crepe paper and bailing wire, then took them to the graveyard on Saturday evening so they would be there for Decoration Day on Sunday.

... You can remember when school children never did have to sell anything for school.

From Judy Pate, Mount Olive

... You scratched for doodle bugs under a tobacco barn shelter.

... Your weekend entertainment was parking your car on Main Street and watching shoppers walk by.

... The highlight of your summer was going to White Lake.

... You could buy a Pepsi for a nickel and a carton of six for a quarter (30 cents if they were cold).

... You didn't know what kindergarten was until you had children.

... Girls weren't allowed to wear jeans to school.

... You know what a grading bench is.

... You didn't know you were poor because everyone else was just as poor as you were.

... You were baptized at Scottie's Pool.

... You had to take home ec in the 9th grade and the boys had to take FFA.

From Chris Hamlet, Greensboro and Florida

... You need a blender to stir your sweet tea.

... You know what they mean by "nose to tail" during a NASCAR race.

... You know what Petty blue is.

... You mix your coleslaw with your barbecue.

From Sue Brewer, Hayesville

... Uppity means getting above your raising.

... A gulley washer is a heavy rain.

... Rat-cheer means right here.

... You tell a person, "Well, ant-chew sumthin'"

... Piddling time is as important as hard work.

From Jack Martin, Rockingham

... Your sisters took you to the Sandy Ridge two-room school where students kept lunches in a box at the spring and "Sugar Sack" Bullard and the other bigger boys toted wood inside the schoolhouse to burn in the pot-bellied stove.

... You fed your grandpa's mule some horse apples that were too far gone for people to eat, and you put the apples on a stick to be on the safe side.

... You watched your sisters put tin cans behind crawdads and spook them. They backed into the cans just about every time.

... A really good mule was called a "root puller."

... Your daddy took you to the Winston-Salem tobacco market to hear Billy Sunday preach. Two men carrying washtubs took collection.

... Your daddy chinked the cracks between the logs every year.

From Sue Huss, Lincolnton

... You had roller skates that you let out with a skate key and clamps that fit on your shoes. If you lost the clamps (which you did frequently), you would tie your skates on with a string or strong rubber band.

... You worked in the school cafeteria for a week during lunch and you got your lunch free.

... You and your best friend played with cut-out paper dolls and dressed them up in evening clothes and sometimes in a casual outfit.

... The milkman came on Tuesdays and Fridays and left your milk on the front porch and picked up the empty jugs.

... Your dad brought home a big round bundle of raw cotton from the textile mill to unravel and use as a tree skirt under the Christmas tree.

... The only salad you knew was the lettuce leaves from the garden. Your mother poured hot grease over the leaves and called it "scalded lettuce."

... You wore bobby socks and rolled the top down as thick as you could get it.

... For breakfast you had pork chops with brown gravy (called "red-eye gravy") and your coffee was brewed on the 3-burner kerosene stove.

... Your job was to fill that kerosene container on the side of the stove when it got empty.

... Your water came out of two separate faucets, one for hot water and the other for cold water.

... When a double feature was playing, you rode the bus to town for 10 cents then stood in line a block or two long before getting into the movie theater.

From Ann Latimer, Emerald Isle

... You love that light green color in the air after a summer storm.

... You know that when the blues are running at the coast, you can catch 'em two at a time, on almost anything.

... You know that if you whup okra, it produces more pods.

... You remember the smell of cottonseed oil, and the sound of a steam locomotive's whistle.

... You know collards are less bitter after the first frost.

If you know any that we haven't published, send them to:

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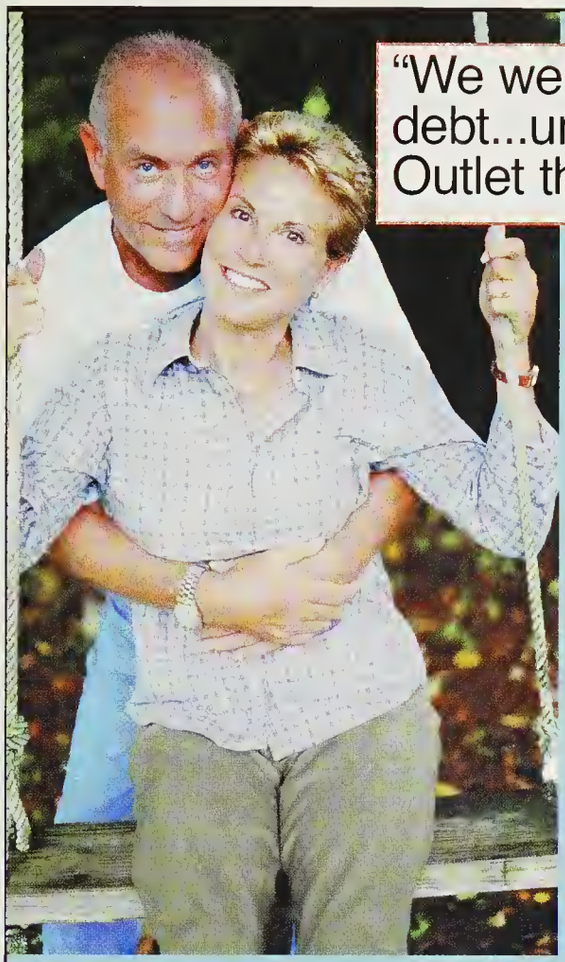

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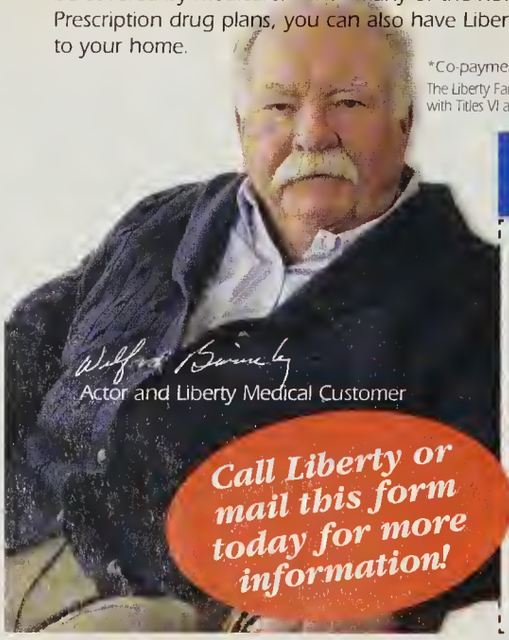

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What is under the hood?

Halifax students get famed electric car back on the road

Tired of skyrocketing gas prices at the pump? Wondering about other energy and driving alternatives?

In a timely effort, students in Broderick Ward's Electric Trade II class at Southeast Halifax High School in Halifax recently resurrected the 1989 Geo Metro made famous in 1995 by Northampton East High School students in nearby Conway. The Northampton students converted the Geo, or "Shocker II," to an electric car and against all odds won a national racing competition with it. That Metro and the underdog students from a poor and rural county are what inspired a novel, "Electric Dreams," that is the basis for a Hollywood film gearing up for production.

"The time for this car is here once again," said Broderick Ward. "The automotive industry is abuzz with hybrid and electric cars. People now are really taking long and hard looks at new options to replace gasoline. My students understand the importance of the technology they have been working with."

The Southeast Halifax students began restoring the car in January 2006 and it made its first successful test drive this spring. Today, Shocker II can run up to 70 or 80 miles per hour and travel up to 100 miles on a single charge. It takes approximately eight hours to charge the eight batteries at a cost of $1. It's been estimated that someone could possibly drive the car back and forth for a week between Enfield and Roanoke Rapids, a distance of about 44 miles round trip, for less than the cost of a gallon of gasoline.

Students added a stereo system, a new feature over the 1995 version of the car. The car will also get a new paint job and new stickers. Because Shocker II had been in a national competition, its suspension system was not a typical automotive type. However, a rider reported that the ride was not bad and the engine was not noisy.

Harold Miller, a retired automotive technology teacher who led the Northampton students in 1995, is excited about Ward reviving his Geo. "Here we are, 10 years later," said Miller, "and the project holds a new kind of relevance for the public. The automotive industry is changing rapidly—it will never be the same again now that hybrid cars have hit the market so successfully. The Halifax kids get to be part of the new trend."

Miller thanked Roanoke Electric Cooperative for its original sponsorship of the program in 1995.

"Roanoke had the foresight to put a lot of time and money into this," he said. "Your cooperative saw a need and really helped us. And now you can see where your efforts have helped a new generation of young people to learn and experience something groundbreaking."

What is under the hood? A $1,500 Curtis controller and DC/DC converter.

Pictured above: Shocker II and the Electrical Trades II class at Southeast Halifax High School with instructor Broderick Ward.

"I've been part of the team working on this and I wasn't sure if it would go. But man, it really works," said student Cortez Parker, 17, of Scotland Neck.

Ward's group is hoping to build another electric vehicle using an S10 pickup if funds can be found to help assist with this project.

When asked if the car is ready for a national race, Ward said that although they aren't quite there yet, he and his students would be ready in the very near future.

"Keep a look out for us. These kids can make it happen."

Angela Perez of Roanoke Electric Cooperative and Dean Hudgins of Halifax EMC contributed to this story

GETTING READY FOR

STORM SEASON

Lessons from 2005 and the outlook for 2006 have electric co-ops at the ready

By Bill Pritchard

Swatches of the U.S. Gulf Coast are still hurting 10 months after Hurricanes Katrina and Rita slammed ashore exploding through homes, businesses, power lines, and lives across nearly 180,000 square miles. Some communities just aren't there anymore, and many cooperative electric utilities are still tallying the cost of these powerful storms.

Mississippi's electric associations estimate losses amounting to more than $500 million, with all co-op utilities sustaining some level of damage. Around 497,000 of the state's 704,000 co-op meters lost power. In Bay St. Louis, Coast Electric's recovery costs were expected to reach more than $100 million, according to spokesman Ron Barnes.

Louisiana co-ops suffered a similar fate. For example, north of New Orleans, Franklinton-based Washington-St. Tammany Electric sustained at least $120 million worth of damage, and Jefferson Davis Electric in Jennings, with net assets of $40 million, has sought $75 million in aid for recovery. To date, the co-op has recovered only half of its business. Thousands of residents suffered lost or damaged homes. Their difficulties were compounded by the extended loss of telephone and electric service.

Electric co-ops were taxed by the loss of thousands of poles and miles of line, as well as the homes of many employees among the co-ops' members. Another challenge was securing lodging and other facilities for the crews that came from electric co-ops in more than 30 states to help with the recovery.

Above: Hurricane Ophelia brought flooding to Carteret County coast communities in September 2005. Credit: Lisa Taylor-Galizia

North Carolina coastal communities, from Brunswick County to the Outer Banks, were touched by the Category 1 Hurricane Ophelia in mid-September 2005. While never making a classic landfall on the coast, the hurricane's rain and wind caused damage and power outages. North Carolina's Touchstone Energy electric cooperatives reported nearly 70,000 outages affecting members of Four County EMC, Carteret-Craven Electric, Tideland EMC, Cape Hatteras Electric and Harkers Island Electric. Line crews from other co-ops in the state came to assist in power restoration.

North Carolina's cooperatives then sent line crews to Louisiana the week of Sept. 26 to assist with power outages caused by Hurricane Rita. More than 100 line technicians from eight North Carolina systems went to assist.

In August and early September, more than 375 line technicians from 21 North Carolina co-op systems assisted with power restoration efforts after Hurricane Katrina destroyed several Mississippi electric cooperatives. And prior to that, 185 line technicians went to Alabama in July to help after Hurricane Dennis.

The outlook for the 2006 season

Coastal communities are beginning to brace once again. The 2006 hurricane season formally began June 1. A prominent storm forecaster, William Gray of Colorado State University's Tropical Meteorology Project predicts an 81 percent chance that at least one major hurricane with winds exceeding 111 mph will strike the U.S. coastline in 2006.

The East Coast, including eastern Florida, stands a 64 percent chance of getting hit, according to Gray's team. Their

latest report also predicts a 47 percent chance for another hit on the Gulf Coast.

Operations leaders from more than 20 electric co-op statewide associations along the coast and from inland states, such as Arkansas and Kentucky, are discussing mutual aid and other means for handling the big storms. These preparedness sessions have been held every year since 1991.

The forecast calls for nine hurricanes, five of them intense (category 3, 4 or 5), more than twice the average for the years 1950 to 2000—the period against which Gray and his team compare recent storm activity. Their report also predicts 13 days of intense hurricane activity, compared to an annual average of five during the 50-year comparison period. There were an unusually high number of "major landfall events" during the 2004 and 2005 hurricane seasons, making those two seasons unusually destructive, the experts said.

According to the National Weather Service's Miami-based National Hurricane Center (NHC), hurricanes have been on the rise since 1995 and will continue that pattern for the next 10 to 20 years.

The birth of a hurricane

A hurricane that might threaten the U.S. coastline often begins as a thunderstorm off the coast of West Africa. Among the key elements that turn a storm into a hurricane is if the water is at least 80 degrees Fahrenheit to a depth of more than 300 feet, and whether there is moist air converging from the region of the equator.

Although the process is not entirely understood, experts say the following elements also are necessary to give birth to a monster storm:

- A continuing evaporation-condensation cycle of warm, humid ocean air;
- Winds that converge at the surface, coupled with strong winds of consistent speed at higher altitudes; and
- A difference in air pressure between the surface and high altitude.

As the warm, moist air rises, the water vapor it carries condenses, forming storm clouds and rain drops, releasing heat into the surrounding cool air, causing it to rise also. Meanwhile, more warm and humid air from the ocean's surface is drawn into the space left by the rising air mass, creating a cycle that continually moves heat from the surface up into the atmosphere.

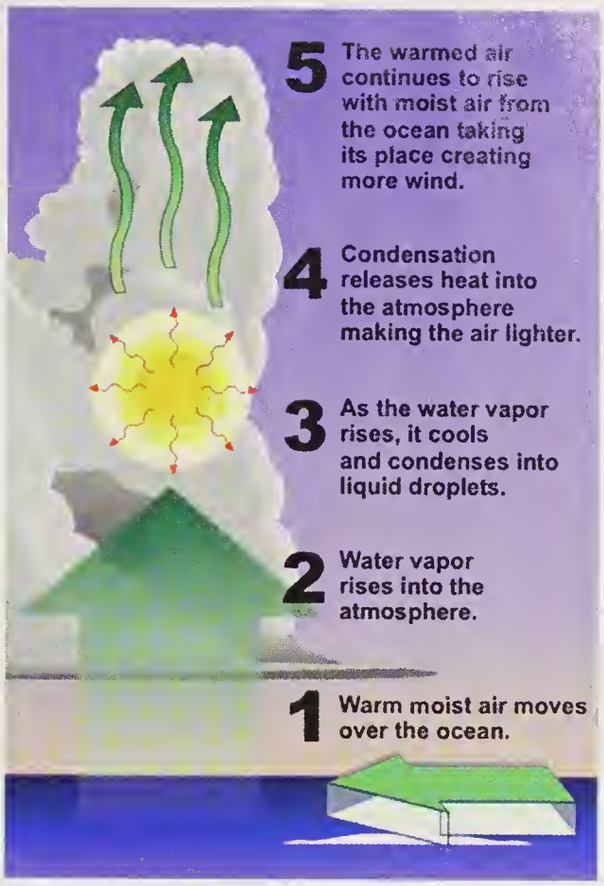
"It's essentially a steam engine," Lapone said, adding that where the sea is relatively shallow, such as in the western Atlantic and the Caribbean, the air heats up faster—making conditions even riper for hurricanes.

A recently released study from the Georgia Institute of Technology supports the theory of a link between stronger hurricanes worldwide and a global increase in sea surface temperature. "We firm up the link between the increase in sea surface temperatures and hurricane intensity," said Judith Curry, chair of Georgia Tech's School of Earth and Atmospheric Sciences.

But Christopher Landsea, an NHC researcher, said that the current 1 degree Fahrenheit warming of the Atlantic's surface corresponds to about a 1 percent increase in the strength of hurricanes, just a matter of a mile or two per hour. He sees changes in the upper-atmosphere wind patterns that allow hurricanes to build strength as more significant.

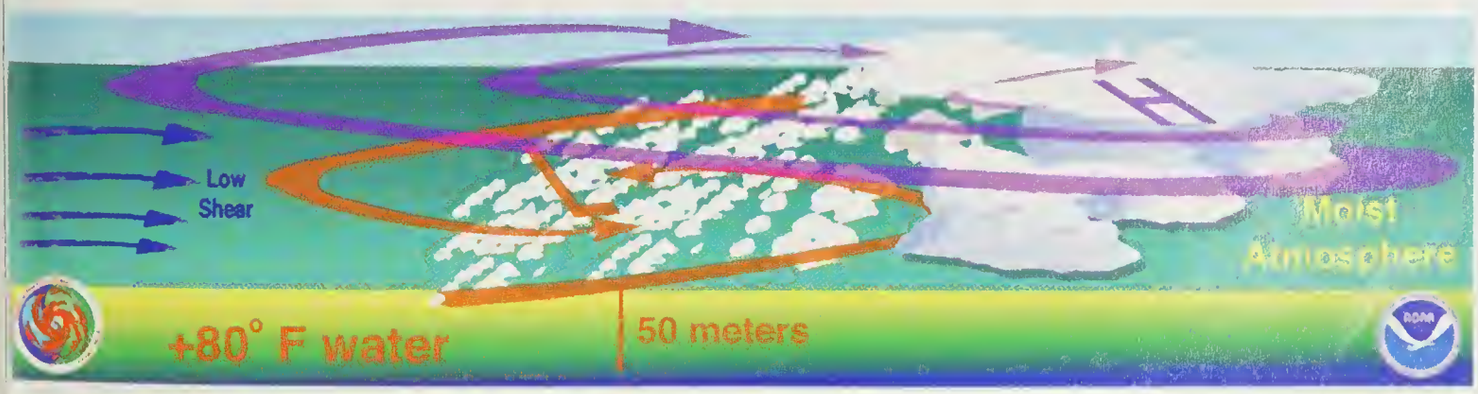
Whatever the case, if and when another big hurricane hits the U.S. coast, co-op crews and equipment will converge from all points of the compass to help their colleagues restore power to the people. The mutual aid agreements are just one example of cooperation among cooperatives, demonstrating how they work together locally, regionally and nationally.

Bill Pritchard, former reporter for Electric Co-op Today, is a freelance writer and volunteer trainer for the American Red Cross.


5 The warmed air continues to rise with moist air from the ocean taking its place creating more wind.
4 Condensation releases heat into the atmosphere making the air lighter.
3 As the water vapor rises, it cools and condenses into liquid droplets.
2 Water vapor rises into the atmosphere.
1 Warm moist air moves over the ocean.

Above: A hurricane feeds on warm water vapor that rises thousands of feet, releasing heat as new supplies of vapor move in to fill the void.

Below: A moist atmosphere, 80-degree water and winds that provide a spin can generate a hurricane like the one depicted in this graphic. Source for both graphics: NOAA



"I'm Home—Beaufort Waterfront and the Meka I

Art by Mary Warshaw

Capt. Horatio Sinbad, a resident of Beaufort, guided his 54-foot tall ship, the Meka II, to victory during Americas' Sail 2002. By winning the Class B race in Montego Bay, Jamaica, Capt. Sinbad earned the right to defend his title in his homeport of Beaufort during the Pepsi Americas' Sail 2006 to be held there June 30–July 5.

Mary Warshaw, a Beaufort artist, painted the ship sailing into port at the Beaufort waterfront, employing structural details in photographs taken by Scott Taylor, James Piver and others. The 18-by-36-inch painting is titled "I'm Home—Beaufort Waterfront and the Meka II."

Archival Giclee prints of the painting will be sold during the Pepsi Americas' Sail 2006. A significant part of the proceeds will be donated to the Friends of the N.C. Maritime Museum in Beaufort.

Print sizes and prices are: open edition 9-by-18-inch on paper ($75); open edition 12-by-24-inch on paper ($150); signed and numbered 18-by-36-inch limited editions on paper ($275); signed and numbered 18-by-36-inch limited editions on canvas ($325).

Prints can be purchased by contacting any of the following outlets: Beaufort Historical Association's Old Beaufort Shop, Handscapes Gallery, Harbor Specialties, N.C. Maritime Museum, Rocking Chair Book Store and Scuttlebutt.

Mary Warshaw
207-A Orange Street
Beaufort, NC 28516
(252) 504-3731
E-mail: mwarshaw@clis.com
Web: www.marywarshaw.com

OR

Friends of the Museum,
NC Maritime Museum, Inc.
315 Front Street
Beaufort, NC 28516
(252) 728-1638
E-mail: fom3@bizec.rr.com
Web: www.ncmm-friends.org

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(919) 732-5533
www.sunshinelavenderfarm.com

Call for turkey recipes

The North Carolina Turkey Festival is encouraging cooks to submit recipes for preliminary judging as finalists in the 22nd N.C. Turkey Cooking Contest. Recipes must use at least one pound of turkey meat, which may be marinated, baked, boiled, barbecued, grilled or stir-fried. The recipe should serve at least four or more people and can come in the form of a salad, hors d'oeuvre, entrée or soup. Recipes should be typed or handwritten on 8½-by-11-inch paper and include a name, address and phone number. Judging will be based on taste, simplicity, appearance and appeal. Entrants must be a North Carolina resident and living here at the time of the cook-off. Five finalists will receive an expense-paid trip to the State Cook-off in Raeford in September. Winners will be awarded cash prizes: first place $1,000; second place $500; third place $400; fourth and fifth place $250. Entries should be mailed to the North Carolina Turkey Festival, 101 N. Main Street, Raeford, NC 28376. Deadline to receive entries is July 15.

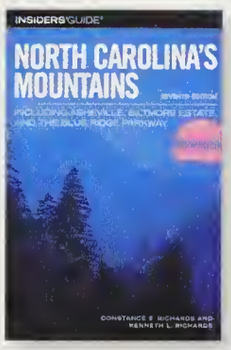
(910) 904-2424

Parkway plates

The Blue Ridge Parkway has provided environmentally-sensitive access to magnificent scenery for generations. The Blue Ridge Parkway Foundation, which helps preserve and protect this national treasure, is selling specialty license plates to benefit the cause. The annual BRPF tag fee is $30—$20 to benefit the foundation and $10 to assist the North Carolina Beautification Fund and administer the tag program. You can also personalize your plate—up to four characters are allowed. The fee for a personalized plate is $60.

(336) 721-0260
www.brpfoundation.org

"North Carolina's Mountains"



This Insiders' Guide book leads readers to a range of vacations and weekend trips specifically in and around Asheville and the Blue Ridge Parkway. The extensive guide covers retreats in out-of-the-way rural communities, urban adventures in Asheville and action-packed activities such as skiing, whitewater rafting, rock climbing and kayaking. Authors Constance E. Richards and Kenneth L. Richards include listings of restaurants, lodging and recreation sites, tips on the best shopping and golf and the inside scoop on attractions such as Biltmore Estate and Winery. There are also sections dedicated to kid attractions, retirement and nightlife. Published by Pequot Press in Guilford, Conn. Softcover, $18.95, 501 pages.

(800) 962-0973
www.InsidersGuide.com

Tales of mystery and mayhem

A new anthology showcases 18 mystery stories whose authors either lived in or wrote about North Carolina. Contributors range from authors not known for their mysteries, such as Orson Scott Card's science fiction, to big mystery names such as Margaret Maron. Whether humorous, conventional or experimental, each tale contains central mystery elements—a crime, main character and a detective searching for the truth. "Tar Heel Dead: Tales of Mystery and Mayhem from North Carolina" covers stories from early 20th century to the present and is edited by Sarah Shaber. Published by The University of North Carolina Press in Chapel Hill. Softcover, 280 pages, $15.95.

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_____ __ ______ "

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If you were to punch in the numbers above on your telephone key pad you would spell out the missing words in this sentence.

WORD

ward-wary-pray

PLAY

1 HOME
2 _ _ _ _
3 _ _ _ _
4 _ _ _ _
5 _ _ _ _ _
6 CASTLE

To go from HOME to CASTLE you must change one letter or add one letter in each step. Letters can be rearranged in any step. Your answer may be different from mine.

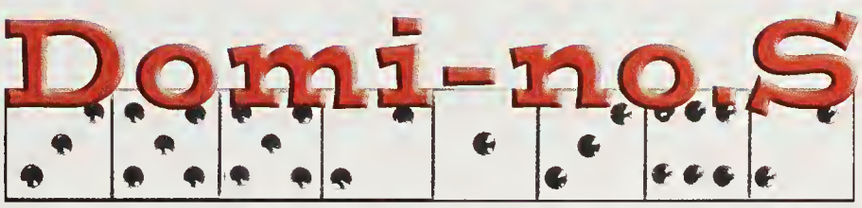
For answers, please see page 26.

PERCY P. CASSIDY POLES APART

Use the capital letters in the code clue below to fill in the blanks above.

"A B C D E G L M R S" means
u n s c r a m b l e

Domi-no.S



A 3	X	G	O 5	L	F	=	C	L	U	B

Letters stand for digits in this multiplication problem. Given A=3 and O=5, can you replace the missing digits? The repeated letter L stands for a repeated digit.

And I quote...

"What doesn't kill you makes you stronger."

—the late Cy Nical

LIGHT VERSE

The turtle is a mystery in God's great plan.

I can't conceive of how she can.

—cgj

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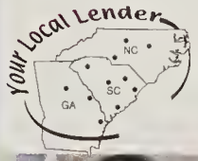
$100,000	$591.54	30 YR. Fixed	5.87*	6.04%
$150,000	$887.31	30 YR. Fixed	5.87*	5.99%
$200,000	$1,104.41	5 YR ARM	5.25***	5.39%
$200,000	$666.50	Power Arm	1.25***	6.52%

* Fixed Rate conforming loans for70 LTV rate/term refinance/purchase transactions. **Interest Only home equity loan. 80 LTV. Interest only payments for up to 10 years. Principle payments can be made at any time without penalty. ***ARM loans for 70 LTV rate/term refinance/purchase transactions. Power Arm payment adjusts annually while rate adjusts monthly. All rates and terms subject to differ as market conditions change. Other Rates, Terms and Products available. Call about Cash Out, Debt Consolidation, JUMBO Loans and more.



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July Events

Joseph A Rosen

An Appalachian Summer Festival, presented annually by Appalachian State University in Boone, takes place July 1-29. Blue Ridge Electric is a major sponsor. Four-time Grammy-nominated band Buckwheat Zydeco will preform July 26. To learn more, call (800) 841-2787 or visit www.appsummer.org

MOUNTAINS

Appalachian Summer Festival
Through July, Boone
Appalachian State University
(800) 841-2787
www.appsummer.org

"Horn in the West" outdoor drama
Through Aug. 12, Boone
(828) 264-2120
www.horninthewest.com

"Unto These Hills" outdoor drama
Through Aug. 19, Cherokee
Cherokee Historical Association
(828) 497-2111
www.cherokee-nc.com

Watauga County Farmers' Market
Saturdays, Boone
(336) 385-6014
www.wataugacountyfarmersmarket.org

Songcatchers Music Series
Sundays, Brevard
(828) 877-3130
www.cradleofforestry.org

Street Dances
Mondays, Hendersonville
(800) 828-4244
www.historichendersonville.org

Fund Raiser Ride
July 1, Love Valley
(336) 764-2220
www.lovevalley.com

Freedom Festival Craft Show
July 1-2, Lake Junaluska
(828) 648-0500
www.braca.org

Fourth of July Celebration
July 1–4, Sparta
(800) 372-5473
http://sparta-nc.com/july4

Brevard AAUW Book Sale
July 2–5, Brevard
(828) 884-4170
www.aauwbrevardnc.org

Fourth of July Celebration
July 4, Andrews
(828) 321-2135

Fourth of July Celebration
July 4, Murphy
(828) 837-6617

Lions Club Horse Show
July 7–9, Sparta
(800) 372-5473

Gospel Heritage Morning
July 8, Wilkesboro
(336) 667-3171

Bubbles in the Park
July 8, Murphy
(828) 837-3460

Arts & Crafts Festival
July 8–9, Maggie Valley
(828) 926-1686

Street Dance & Ghost Tours
July 14, Wilkesboro
(336) 667-3171

Art in the Park
July 15, Blowing Rock
(828) 295-7851

Fiddlers Convention
July 21–22, Sparta
(800) 372-5473
http://alleghanycountyfiddlers convention.com

High Country Crank-Up
July 27–29, Deep Gap
(828) 264-4977
www.oldengine.org/members/carolina

Quilters Guild Show
July 28–29, Sparta
(800) 372-5473

Specialty Vehicle Show
July 29, Sparta
(800) 372-5473
http://sparta-nc.com/shrine

PIEDMONT

Music in the Vineyards
Saturdays & Sundays,
Lexington
(336) 236-9463
www.childressvineyards.com

Farmers Market
Saturdays, Wake Forest
(919) 556-1579
www.wakeforestmarket.org

Blue Moon Rising, bluegrass
July 1, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Annual Threshers Reunion
July 1–4, Denton
(336) 859-2755
www.threshers.com

Annual Tyro Tradition
July 3–8, Tyro
(336) 249-8976
www.tyronc.com

Music in the Vineyards
July 4, Lexington
(336) 236-9463
www.childressvineyards.com

Fourth of July Festival
July 4, Lexington
(336) 278-3690

Cooking Demonstration
July 8, High Point
(336) 854-1859
www.highpointmuseum.org

Blue Ridge Jamboree
July 15, Mount Airy
(800) 286-6193

Village Fair at Mendenhall
July 15, High Point
(336) 454-3819
www.highpointmuseum.org

Cantaloupe Festival
July 16, Ridgeway
(252) 456-2601

Music in the Park
July 16, Mount Airy
(336) 789-4636
www.visitmountairy.com

Yadkin Valley Ranch Rodeo
July 28–29, Hamptonville
(336) 468-8223

Chuck Ayers
July 28, Gastonia
(704) 866-6848

Matt Keating, songwriter
July 28, Pilot Mountain
(336) 368-7111
www.sawbriar.com

The Not Bros.
July 29, Pilot Mountain
(336) 368-7111
www.sawbriar.com

COAST

Fireworks Extravaganza
July 4, Manteo
(252) 475-1500
www.roanokeisland.com

Battleship Blast
July 4, Wilmington
(910) 251-5797
www.battleshipnc.com

Tall Ships
Through July 5, Beaufort
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www.pepsiamericassail.com

Art Walk
July 14, New Bern
(252) 514-2787

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Kings Mountain Historical Museum
(704) 739-1019

"NASCAR Inspired"
Through Sept. 17, Hickory
Hickory Museum of Art
(828) 327-8576
www.hickorymuseumofart.org

PIEDMONT

Pigs in the City
July 1–31, Lexington
Uptown Lexington Merchants
(336) 249-0383
www.uptownlexington.com

Beyond the Pulpit:
Faith & Community Action
July 14–Aug. 5, High Point
High Point Museum
(336) 885-1859
www.highpointmuseum.org

"Kites to Kitty Hawk"
Through July 15, Durham
Museum of Life and Science
(919) 220-5429
www.ncmls.org

CAROLINA COUNTRY

adventures

Old-time mountain dances in July are a Waynesville tradition.

Haywood County
Haywood EMC territory

With the Blue Ridge Mountains, the Great Smokies, Pisgah National Forest and Balsam Mountains as borders, Haywood County offers uplifting scenery. The area boasts 19 mountain peaks, including the famed Cold Mountain (milepost 411.8 on the Blue Ridge Parkway). Established in 1808, Haywood County's main towns are Canton, Clyde, Maggie Valley and Waynesville. Bustling Waynesville is the largest, with roughly 9,200 residents and interesting coffeehouses such as Cool Beans Cafe on Main Street. In Canton, visitors can tour one of the oldest paper mills in the U.S. For reservations, call (828) 646-2308. Haywood County's oldest house, Shook House, is being converted into a museum. It's easily seen off U.S. 19/23/74 near Pigeon River in Clyde. On the wild side, elk can be spied grazing along meadows early mornings and early evenings in Cataloochee Valley. The still-scarce critters were reintroduced back into the area a few years ago.

Three top spots:

Car & motorcycle museum An unusual museum in Maggie Valley, "Wheels Through Time" has a choice collection of more than 250 rare antique American motorcycles and automobiles. Special prototype models include an Evel Knievel jump bike, prototype Harley and Indian bikes and a "Dream Bike." Classic cars include a Packard, Eldorado convertible, Corvette roadster and Locomobile. A new exhibit, "The Girls—Women in Motorcycling History—1905–1955," displays vintage photos and tells stories about women like Avis and Effie Hotchkiss, who made history on a V-Twin Harley sidecar rig. (828) 926-6266 or www.wheelsthroughtime.com

Organic farm tour Frogs Holler Organiks, a few miles north of Waynesville, offers acres of artistically arranged blossoms reminiscent of Italian and Austrian gardens. You can mosey down lavender paths brimming with butterflies and take away fresh berries. Thursdays and Fridays and by appointment. (828) 627-3363 or www.frogholler.net/enter.html

Waynesville hoedown Put on your cloggin' shoes and enjoy old-fashioned mountain dancing Friday evenings on July 7 and July 21. A Waynesville tradition, the dance teams perform in front of the County Courthouse on Main Street. (828) 456-3517 or www.downtownwaynesville.com

Learn of other nearby adventures and events:

Haywood County Tourism
(800) 334-9036
www.smokeymountains.net

The Carolina Mountains: Photographs of Margaret Morley
Through July 15, Raleigh
N.C. Museum of History
(919) 807-7900
www.ncmuseumofhistory.org

Revisit: Alumni Exhibition
Through July 29, Charlotte
McColl Center for Visual Art
(704) 332-5535
www.mccollcenter.org

"A Focus on Sports"
Through Aug. 15, Charlotte
Charlotte Museum of History
(704) 568-1774
www.charlottemuseum.org

"The Life & Work of Walter & Dorothy Auman"
Through Aug. 26, Seagrove
N.C. Pottery Center
(336) 873-8430
www.ncpotterycenter.com

Art Unleashed
Through August,
Winston-Salem
Winston-Salem Visitors Center
(866) 728-4200
www.visitwinstonsalem.com

Spanish Colonial Art
Through Sept. 10, Charlotte
Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

"Treasures from the Past"
Through September 16,
Oxford
Granville County Museum
(919) 693-9706

COAST

Natural Language: Artist Steve Lautermilch
July 3–28, Manteo
Roanoke Island Festival Park
(252) 475-1500
www.roanokeisland.com

Roanoke Island Summer Festival
Through Aug. 5, Manteo
Roanoke Island Festival Park
(252) 475-1500
www.roanokeisland.com

Blackbeard: Knight of the Black Flag
Thursdays, Fridays & Saturdays, Through Aug. 19
Bath Ormond Amphitheatre
(252) 923-4171
www.ormondamphitheatre.com

"Flip it, Fold it, Figure it out"
Through Sept. 4,Wilmington
Cape Fear Museum of History
(910) 341-4350
www.capefearmuseum.com

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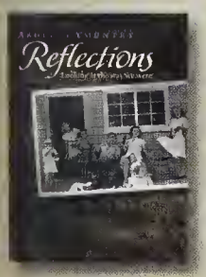

Reflect on a simpler time. When folks cherished family, home cookin' and a long sip of sweet tea on mama's front porch. Enjoy this book of more than 220 photographs showing life in rural North Carolina before 1970. Treasured photos and memories reveal scenes of families, farms, working, gatherings, fun times and everyday life.

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By Carla Burgess

Hort Shorts

- Add a few drops of dishwashing liquid to your watering can when watering overly dry plants in outdoor containers. The soap will act as a wetting agent to better moisten the soil.
- Make a handy outdoor wash-up station—slip leftover slivers of soap into an old piece of panty hose and hang near the spigot.
- Harry Potter fans will find their favorite villain among this summer's garden fare. The coleus 'Lord Voldemort' has dark purple leaves edged in chartreuse.
- Hostas grow well in pots and combine nicely with other plants in containers.
- Plastic tubs sold as cookout beverage holders make inexpensive containers for miniature water gardens. Try water lilies or small floating plants such as water lettuce (*Pistia stratiotes*) or water hyacinth (*Eichhornia crassipes*). If necessary, control mosquitoes with pelletized or doughnut-shaped natural insecticide, sold in the pond section of garden centers.
- Add a spray of water from the garden hose to peat, perlite or dry potting soil to suppress dust as you work.
- Bottle trees are fun craft projects that add nostalgic charm to gardens. If you don't have colored bottles, coat clear ones with stained-glass spray paint.
- Don't fuss over nasturtiums and cosmos—they prefer infertile soil. Over-fertilizing will produce lush foliage at the expense of blooms.
- *Cleome* and *Verbena bonariensis* (verbena-on-a-stick) add airy height to flower beds.
- Before buying, inspect plants for any insects or diseased leaves.

GO ONLINE

Carla Burgess can be reached at ncgardenshare@mindspring.com

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

The canna 'Bengal Tiger' complements a wide range of color and textures in other perennials.

Go for the Bold

Many gardeners have strong opinions about cannas. Some adore their bold presence and minimal maintenance, while others find them too big or flat-out gaudy. The way I see it, you've got to like, if not respect, a statuesque plant that doesn't require staking. Plus there's the wide variety of foliage and flowers available in cannas, which are popularly called canna "lilies". Hands down, my favorite canna—and probably the best-known variegated variety—is 'Bengal Tiger'. Four to 6 feet tall, it has large, bright-green leaves with yellow pinstripes and a narrow purplish edge. The orange flowers are akin to gladiolus, opening in succession from the bottom of the stalk up. 'Bengal Tiger' plays surprisingly well with others—complementing a wide range of color and textures in other perennials. The foliage is a nice backdrop for my lavender-flowered bee balm, which brings out the purple outline of the leaf. It also looks dashing with red hot pokers (*Kniphofia uvaria*). If you like the foliage but the flowers clash with your color scheme, just remove the flower stalks as they appear. 'Tropicanna' is another eye-popping canna that has purple and red striped leaves and large bright-orange flowers. For its nice green-and-white variegation, 'Stuttgart' is another stunner. Unlike most cannas, which perform best in full fun, this one needs some shade to prevent leaf scorch. Some cannas have bi-color and speckled blossoms. If you're adventurous, 'Cleopatra' is an unpredictable charmer—its flowers are red, yellow, red-and-yellow or yellow with red spots, and its foliage may be green, burgundy or a combination.

Though varieties with red, yellow and orange flowers abound, not all cannas are overstated. Some have flowers of peach, pale pink and buttery yellow. Shorter varieties are also available (18 inches and up). Depending on variety, the flowers of various cannas may be shaped like gladiolus, iris or orchids.

Though cannas are easy to grow, they are susceptible to some pests and diseases. Canna leaf rollers are caterpillars that feed on leaves. The best way to prevent infestation is to remove and destroy the dead foliage after frost, which will eliminate the pupae that overwinter in the leaves. Infested plants may be treated with selective pesticides that target leaf-chewing caterpillars. An organic option is Bt (*Bacillus thuringiensis*), available in powder or liquid form under various trade names. Pesticides should be applied to both the upper and lower surfaces of the leaves. A host of viruses may cause distorted growth and crinkling, streaking or mottling of leaves. No treatment exists for viruses. Sick plants should be dug up and destroyed. It's a good idea to pot up rhizomes you've purchased or begged before setting out the plants so you can check for disease.

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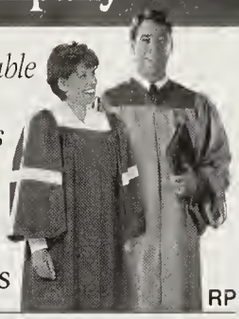

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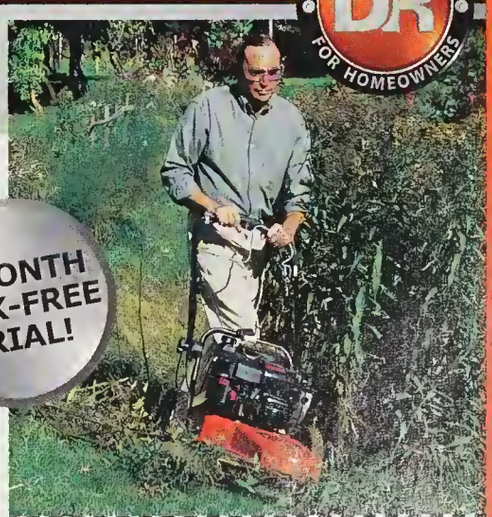

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By James Dulley

How to ventilate your house

Proper ventilation in your home can keep you feeling cooler and reduce your electric bills for air conditioning. The actual air temperature in your home is not really important. What is important is how you feel.

Setting your thermostat just two degrees higher can reduce your cooling costs by up to 5 percent. Moving air can feel many degrees cooler than still air at the same temperature. This is partially due to the fact that moving air transfers heat from your skin. Also, as air flows over your skin, moisture evaporates even if you are not noticeably sweating, and this makes you feel cooler.

This high-tech ceiling fan also has a built-in heater with a thermostat for winter. The rotation of the blade automatically reverses from summer cooling to winter heating.

One type of ventilation is moving indoor air throughout your house with the windows closed. In addition to making you feel cooler, it can balance out the room temperatures in your house and actually lower the temperature in some rooms and raise it in others. Another type of ventilation is bringing outdoor air inside at times and shutting off the central air conditioning. Both have their places and can be effective.

A ceiling paddle fan is what is commonly thought of as indoor ventilation, and it does work well. Running the ceiling fan on medium or high speed with the air blowing down sends a direct breeze to your skin. During the winter, reverse the blade rotation and run it on low speed. This will gently circulate the air around the room without creating a breeze.

A whole-house ventilation fan is a typical method for outdoor air ventilation.

Although running an electric fan can make you feel cooler, it will not cool the room. To the contrary, it actually heats the room air because the electricity it uses ends up as heat energy. When no one is in a room to take advantage of the comfort effect of the breeze, you should switch off any electric fan, including ceiling fans. Each kilowatt-hour of electricity used by a fan produces 3,414 BTU of heat that your central air conditioner has to remove.

Small personal fans can be very effective to create a breeze directly on you while you sit in a chair or work at one location. If you purchase a small fan, select one that can also be used as a space heater during winter. This will allow you to set your furnace thermostat lower and also save energy during the winter. When in the fan-only mode, the heating coils do not reduce the airflow appreciably.

Some of the new small personal fans do not have a protective cage over the blades. The blade material is soft and will not harm your skin if you bump it while it is running. Airflow from these fans is more efficient, because there is no cage causing resistance. The blades are also easy to clean. Clean blades carry more air with less electricity usage. The old oscillating fans on a tall stand are still effective for large areas. Select one with several speeds.

Setting your central air conditioner blower to "on" can help balance room temperatures, but it will not create much of a cooling breeze. Standard blower motors are very powerful and running one continuously will heat up the air. Variable-speed ECM (Electronic Commutated Motor) blower motors use much less electricity on continuous low speed, so running the blower makes more sense if your system has one.

Natural outdoor ventilation is effective and free. Tip: When you open double-hung windows or an entry door with a storm/screen door, open both the top and bottom sashes a little. This creates a natural vertical air flow, even on a still day, which will mix with the indoor air.

Sit by a window on the windward side and on the first floor if you have a two-story home. Open the window just a little. Open the windows much wider on the other side or on the second floor. This will create a higher velocity of the incoming air for a stronger breeze.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer air ventilation products:

Holmes Products (800) 284-3267
www.holmesproducts.com

Hunter (888) 830-1326
www.hunterfan.com

Kaz (800) 332-1110
www.kaz.com

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Red, White & Blueberry Pie

- 4 squares (1 ounce each) white baking chocolate
- 8 whole fresh strawberries, halved lengthwise
- 1 reduced-fat graham cracker crust (8 inches)
- ¾ cup sliced fresh strawberries
- 1 package (8 ounces) reduced-fat cream cheese, cubed
- ¾ cup confectioners' sugar
- ¾ cup cold fat-free milk
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 cup fresh or frozen blueberries
- 1 cup reduced-fat whipped topping

In a microwave or heavy saucepan, melt white chocolate; stir until smooth. Dip only the halved strawberries halfway in chocolate. Place cut side down on a waxed paper lined baking sheet. Refrigerate for 15 minutes or until set. Spread the remaining melted chocolate over the bottom and sides of crust. Arrange sliced strawberries in crust.

In a mixing bowl, beat cream cheese and confectioners' sugar until smooth. Gradually add milk; mix well. Beat in pudding mix on low speed for 2 minutes or until thickened; spread evenly over sliced strawberries. Place blueberries in center of pie. Arrange dipped strawberries around the edge. Pipe whipped topping between the strawberries and blueberries. Refrigerate until served.

Yield: 8 servings

Marinated Pork Strips

- 5 tablespoons soy sauce
- ¼ cup ketchup
- 3 tablespoons vinegar
- 3 tablespoons chili sauce
- 3 tablespoons sugar
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 3 garlic cloves, minced
- 2 cans (12 ounces each) lemon-lime soda
- 2 pounds pork tenderloin, cut lengthwise into ½-inch strips

In a large bowl, combine the first nine ingredients. Place pork in a heavy re-sealable plastic bag; add the marinade. Seal the bag and turn to coat. Refrigerate overnight.

Drain and discard marinade. Thread pork onto metal or soaked wooden skewers. Grill over hot heat for 12 minutes, turning once, or until meat juices run clear.

Yield: 6–8 servings

Artichoke Mushroom Caps

- 1 package (3 ounces) cream cheese, softened
- ¼ cup mayonnaise
- 1 jar (6 ½ ounces) marinated artichoke hearts, drained and finely chopped
- ¼ cup grated Parmesan cheese
- 2 tablespoons finely chopped green onion
- 20–25 large fresh mushrooms, stems removed
- ¼ cup seasoned bread crumbs
- 2 teaspoons olive or vegetable oil

In a mixing bowl, beat cream cheese and mayonnaise until smooth. Beat in the artichokes, Parmesan cheese and onion. Lightly spray tops of mushrooms with non-stick cooking spray. Spoon cheese mixture into mushroom caps. Combine bread crumbs and oil; sprinkle over mushrooms.

Grill, covered, over indirect medium heat for 8–10 minutes or until mushrooms are tender.

Yield: about 2 dozen

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com

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Winning reader recipe

My Favorite Cole Slaw

Mix:

- 3 pounds cabbage, chopped
- 2 peppers (one red and one green), chopped
- 2 medium white onions, chopped
- 2 tablespoons salt
- 2 tablespoons mustard seed
- 1 (4-ounce) jar pimento, diced

In a saucepan combine:

- 2 cups vinegar (red wine distilled vinegar)
- 2 cups water
- 2 cups sugar

Bring mixture to a boil, let cool and pour over cabbage mixture. Mix well and put in a jar and keep in refrigerator. Will keep for weeks.

Elmer Biggerstaff of Blowing Rock, a member of Blue Ridge Electric, will receive $25 for submitting this recipe.

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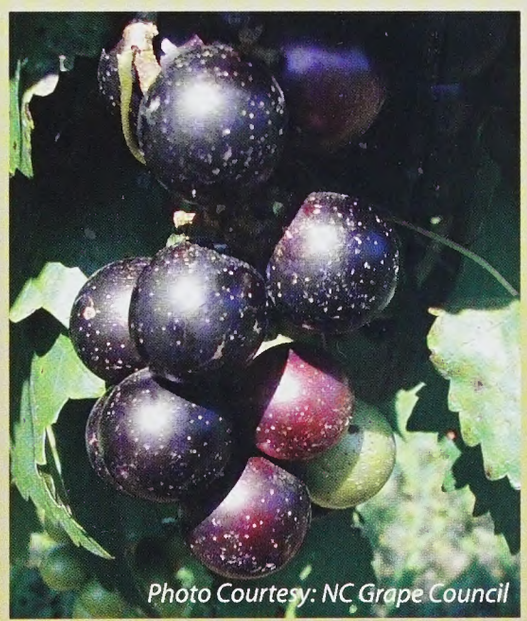
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